

Abstract:

A training device (1) is proposed with actuating elements (2, 3) which can be moved continuously in rotation and are connected to one another and are intended for a pair of limbs of a person, which device comprises means (4) for driving and/or braking the actuating elements (2, 3), and an electronics unit (8) for regulating and/or controlling the movement of the actuating elements. According to the invention, the electronics unit (8) is designed to bring the respective speed of the actuating elements, in each case in a portion in the area of dead centers of the rotary movement of the actuating elements, to a predetermined value, preferably to a substantially identical value, but to permit between said portions an acceleration of the actuating elements (2, 3) if a person training applies a targeted torque in a predetermined direction of movement of the actuating elements (2, 3). Alternatively or in addition, in the context of training at a predetermined rotation speed, the electronics unit (8) can accelerate the actuating elements (2, 3), between the portions in the area of the dead centers, to a predetermined higher speed than within the portions, even if no activity by a person training is taking place.